## Healthy Kids Act Nutritional Content Standards Formulas\*

\*Note: Calculations should be based on information obtained from a product's Nutrition Facts label. Food items made from scratch will need to have nutrition analysis completed before being entered into the nutrition calculator.

CALORIES:	<b>Entrees</b> : ≤ <i>NSLP</i> entrées* or ≤ 400 calories	<b>Sides</b> : ≤ <i>NSLP</i> sides* or ≤ 200 calories
SODIUM:	Entrees: ≤ NSLP entrées* or ≤ 600 mg/item (≤ 480 mg/serving in 2014)	
	<b>Sides:</b> ≤ <i>NSLP sides*</i> or ≤ 400 mg/serving (≤200 mg/serving in 2014)	
SATURATED FAT:	Must be ≤10% calories (excluding reduced-fat cheese)	
Grams of Saturat	ted Fat per serving: x 9 (Calories from Fat) = _	Total Calories from Saturated Fat
Total Calories fro	om Saturated Fat (above) ÷ Total Calories per servin	g x 100 = Percent of Calories from Saturated Fat
TRANS FAT:	Must be ≤0.5 gm/serving	
TOTAL FAT:	Must be ≤35% calories (excluding nuts, seeds, nut	butters, and reduced-fat cheese)
Grams of Total Fat per serving: x 9 (Calories from Fat) = Total Calories from Fat		
Total Calories fro	om Fat (above) ÷ Total Calories per serving x 100 = _	Percent of Calories from Fat
SUGAR:	Must be ≤35% calories (excluding fruits and yogurt,	
Grams of Sugar (not Carbohydrate) per serving: x 4 (Calories from Sugar) = Total Calories from Sugar		
Total Calories fro	om Sugar (above) ÷ Total Calories per serving x 100	= Percent of Calories from Sugar
WHOLE GRAIN: 50% of the grains offered must be whole grain (primary ingredient by weight)		

<sup>\*</sup>NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

<sup>\*\*</sup>Schools and school districts that offer *a la carte*, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.